

# Texas Children's **Fetal** Center

## Program for Multiples

### Frequently Asked Questions

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Texas Children's Pavilion for Women, 6651 Main Street, Houston, TX 77030  
Phone: 832-822-BABY (2229) • Fax: 832-825-9403

#### **What is the Program for Multiples?**

The only program of its kind, the Program for Multiples is an evidence-based consultative service designed to supplement your prenatal care from your obstetrical provider (OB/GYN, Maternal Fetal Medicine physician and/or midwife) and to help support a positive outcome for you and your babies.

#### **Why is the Program for Multiples important?**

As an expecting mother carrying more than one baby, your body's needs and your babies' needs are different from those in a singleton pregnancy. Our expert team has extensive experience evaluating, diagnosing and treating the most complex fetal conditions, especially those related to multiple gestations. Receiving their expertise early during this one-day consultative service can help you have the healthiest pregnancy possible. If a complication should arise later during your pregnancy, our fetal center team will be familiar with your medical history and available to help you.

#### **When should you visit the program?**

Women will get the most benefit of the program between 10 and 18 weeks of gestation.

#### **How do you schedule an appointment?**

Download a referral form at <http://www.multiples.texaschildrens.org> and fax a completed copy to 832-825-9403.

#### **What should you expect during your appointment?**

Your assessment will last for about half day (9a.m.-12p.m.) and consist of four appointments

- 1) **Comprehensive Ultrasound** to determine key markers for potential risk conditions
- 2) **Genetic Counseling** to review family history and provide a thorough evaluation of genetic health and risk factors
- 3) **Personalized Nutritional Assessment** with our registered dietitian and lactation consultant to develop a specialized nutritional plan particular to your body's needs
- 4) **Maternal Fetal Medicine Consultation** to discuss your potential for complications and review a personalized plan of action for your pregnancy

#### **What do you need to do prior to your appointment?**

Prior to your appointment, please collect the requested medical records listed on the referral form and fax them to our office at 832-825-9403. You will also be asked to complete a three day food diary which will be provided to you after your appointment is scheduled.

#### **Who can you contact for more information?**

If you have any additional questions or concerns about the program, please contact Susanne Trout, our program coordinator, at **832-822-BABY (2229)**.